



### **IMPACT ON ENVIRONMENT**



**PRICE OF FOOD** 



GROWN IN VERMONT



**IMPACT ON HEALTH** 

A survey of employees participating in the Green Thumbs at Work worksite garden program demonstrated these four factors were important to participants when making food choices.

Worksite gardens support all of these priorities and can be an important part of a wellness program.

### FRUITS AND VEGGIES





Over 80% of employed Vermont adults do not eat the recommended amount of fruits and vegetables. 3

Worksite gardens can encourage employees to consume more fruits and veggies. People that participate in some type of community garden are much more likely to consume the recommended five servings a day.4

Less than 2 fruits a day

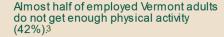
Less than 3 veggies a day

## PHYSICAL ACTIVITY









Regular gardening increases overall levels of activity and can help adults meet the recommended 150 minutes of moderate-intensity aerobic activity per week.5

# ENVIRONMENT & LOCAL FOOD

Worksite gardens help provide affordable access to local food and help support a healthy environment.

Local agriculture conserves resources involved in food transport, including fossil fuels, and help reduce food waste due to spoilage during transport. 2



### **EMOTIONAL** HFAITH







Gardening has been shown to reduce stress and help improve mood. It can also help promote team cohesion and foster a sense of community. 6

20% of adults in Vermont have been told they have depression or anxiety that interferes with their daily activities, including work, in the past month 3

#### FOR MORE INFO, CONTACT ASHWINEE KULKARNI AT (802)859-5916

- http://v.cgn.org/green-thumbs-at-work/
  Multiple Benef its of Community Gardening (2012), Gardening Matters
  2014 Vermont Behavioral Risk Factor Surv eillance System
  Alaimo et. al. (2008) Fruit and Vegetable Intake among urban community gardeners.
  Centers for Disease Control and Prevention, https://www.cdc.gov/healthy.weight/phy.sical\_activ.ity/
  Schmutz et. al. (2014) The benefits of gardening and food growing for health and wellbeing.

